

RUTHERFORD COUNTY  
GOVERNMENT-

SPECIAL  
POINTS OF  
INTEREST:

- Sign up for Taking Charge of Your Diabetes
- Win a gift certificate to my veggie chef
- See steps to keep you on your feet!

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# Risky Business

RUTHERFORD COUNTY RISK MANAGEMENT

## Deputy to the Mayor says: *Stretch It Out!* Join the 30 DAY CHALLENGE

Jeff Davidson, retired U.S. Army Col. And Rutherford County's Deputy to the Mayor  
**W A N T S     Y O U**  
to join our 30 day challenge.

### Stretch It Out !!

"My New Year's resolution was a bit different from those of the past. I noticed some friends of mine were having surgeries on their knees and hips. I thought, I don't want that!

I decided to focus on fitness. My goal is whole wellness for my body, mind, and spirit (or physical, mental and emotional if you will).

On January 1st, I started doing a **30 day plank** challenge.

My posture was noticeably better after three weeks. Since then, my flexibility, range of motion, and balance has improved. My mindset regarding wellness has developed from functional fitness to quality of life perspective."



*"For the first time in my life, fitness is not about preparing for combat ops or passing the army's physical readiness test. Fitness now is about maintaining and improving my quality of life."*

The Deputy to the Mayor reminds you to  
**USE YOUR BENEFITS!**

He says:

"Start where you are!  
Do what you can!"

### THE CHALLENGE:

We will provide **WorkSmart Stretching Plan** & guidelines through this 4 week email campaign. You will aim for 5-10 minutes of stretching daily. Track your number of minutes each day in the tracking calendar.

**Submit your form and post-survey by Friday, May 8th** for a chance to win gift cards to Play It Again Sports!

Starts April 1st!  
Email to register:

[kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)

## Take Charge of Your Diabetes-*A six week program to help you improve your health one step at a time.*

Carla Bush, Extension Agent, Family and Consumer Sciences is all set to teach "Taking Charge of Your Diabetes" Program will be held Tuesdays from 6-8 p.m. from April 7 through May 12 at the Lane-Agri Park in the USDA conference room.

### What You Will Learn

Common problems with diabetes, self-management tools, blood sugar monitoring, healthy eating

Facts about carbohydrates, formulate a healthy eating plan, symptoms of low blood sugar

Preventing and delaying diabetes complications

Role of physical activity and exercise

Dealing with stress, muscle relaxation techniques

Managing depression, anger, fear and frustration

Role of medications in blood sugar control, ways to remember to take medications, medication effects

Blood sugar control during sick days

Proper foot care

Ways to talk to your doctor

Plan for dealing with diabetes in the future

**Registration is required—**

Contact: Kelli Perrien to sign up

[kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)  
615-898-7715

RUTHERFORD COUNTY  
**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

 **TENNESSEE**  
STATE UNIVERSITY  
Cooperative Extension

# Taking Shortcuts

## 4 CAUSES OF ACCIDENTS

- I DIDN'T THINK
- I DIDN'T SEE
- I DIDN'T KNOW
- I DIDN'T ASK

Get smart -  
think safety  
first.

**What is a short-cut?** *The dictionary defines it as:*

- A path between two points that is faster than the commonly used paths.
- A method to accomplish something that omits one or more steps.

In safety terms taking a shortcut simply means eliminating a step or steps out of the methods we are trained to follow.

In most cases, it is a safety step. Our safety is considered when developing procedures, operational manuals and checklists. It is a fact that many jobs can be completed without following the prescribed safety steps (taking a shortcut) without getting injured. You are playing against the odds and eventually you will lose. Hopefully it will not be a finger, limb or a life.

**How about you? What shortcuts do you take?**

Everyone takes a shortcut at one time or another. You might cross the street between intersections instead of using the crosswalk or use a chair to climb on instead of a ladder. But in many cases, a shortcut omits the safety element of the process. If you have the habit of taking dangerous shortcuts, break it.

**How much time are you really saving?**

Rushing is one of the main causes for taking shortcuts. No task is so important that it can not be done safely. Yes, we all have objectives to meet, but we need to finish our goals the

way we started : with all our parts intact.

**Take a break.**

Frustration is another cause for taking shortcuts. We get frustrated with machines, people and processes so we throw safety out the window. Learn to recognize frustration and take a break from the issue, a little fresh air can clear things up.

**It Won't Happen To Me!**

Most of us are just thinking about getting the job done and we tend to rationalize the risk of getting injured. We think to ourselves, I have done this job many times this way and nothing bad has happened. Therefore, nothing bad will happen today.



## Smart Steps invites you to join:



Spring will be here before we know it...birds chirping, flowers blooming and the swing of baseball bats with the start of Spring Training.

**Starts today!**

Spring brings Rutherford County employees the opportunity to do some training of our own. We are starting our

4 week healthy behaviors challenge 3/2/15.

Eighteen teams of 9 players have signed up!

We will play by scoring runs choosing different batting strategies (bring a healthy snack to work, change the batteries in your smoke detector, and many more). Spring training program is today through 3/27/15.

*Each finishing team*

*will be entered to win*

*MTSU vs UT tickets*

*and personal training sessions.*

*Patricia A. Cox,  
Wellness Specialist,  
your  
Spring Training  
Commissioner*



## Celebrate National Nutrition Month with a 'my veggie chef' gift card

A balanced diet is one that gives your body the nutrition it needs to function properly. In order to get truly balanced nutrition, you should obtain the majority of your daily calories from fresh fruits and vegetables, whole grains, and lean proteins. A balanced diet is important because your body's organs and tissues need proper nutrition to work effectively. Without good nutrition, your

body is more prone to disease, infection, fatigue, and poor performance. At the core of a balanced diet are foods that are high in vitamins, minerals, and other nutrients and low unnecessary fats and sugars.

Fruits, vegetables, grains, proteins, dairy, and oil are essential parts of a balanced diet.

### HOW MUCH OF EACH FOOD GROUP DO I NEED?

The USDA has an online calculator to help you calculate how much of each type of food you should consume daily.

<http://www.choosemyplate.gov/myplate/index.aspx>

Be the 17th or 39th RC Employee to email the correct answer and **WIN** a week of food from the veggie chef!!

[kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)

Which of the following is not a berry?

Gooseberry  
Blueberry  
Strawberry  
Pineapple



## Animal Science Day Camp

Most high school policies require that high school students choose a "pathway" by the start of their sophomore year. The pathway determines classes the student will complete by graduation.

**Is Animal Science/Pre-Vet for you? Come to our day camp and find out!**

7th-9th graders considering Animal Science & Pre-Vet pathway in HS are encouraged to attend! 3/30-4/2/15 9:00-3:30pm

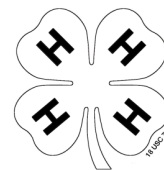
\*Hands-on activities like caring for sheep  
\*Field trips including TN State University Science Lab to conduct experiments

\*Focus on Wildlife & Fisheries, of the Agri Food and Natural Resources Career Cluster.

To register, send info below and \$75.00 check payment to:

Lane Agri-Park  
Attn: Animal Science Day Camp  
315 John R Rice Blvd. Ste. 101  
Murfreesboro, TN 37129

Name: \_\_\_\_\_  
School: \_\_\_\_\_  
Grade: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: State: Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone # \_\_\_\_\_  
Polo shirt size: \_\_\_\_\_



 **TENNESSEE  
STATE UNIVERSITY  
Extension**



# Risk Reminder

## Preventing Slips, Trips and Falls

### STEPS TO KEEP YOU ON YOUR FEET

More than 12,000 people die each year from falling, either on or off the job. Even something as minor as a small coffee spill or a frayed carpet can cause a bad fall. Being aware of situations that could cause a fall is the best way to keep people on their feet. For example, if you see an oily spot, don't just wipe it up; find out where the oil came from and think about how to prevent another spill. Is something broken or leaking? Will drain-through mats help? Preventing slips, trips, and falls can be as simple as good housekeeping, common sense and thinking ahead.

#### GOOD HOUSEKEEPING

- Keep clutter out of work areas.
- Keep equipment in its proper place.
- Keep walkways and aisles clear.
- Wipe up spills immediately.
- Discard trash.



#### LOOK OUT BELOW

If you find yourself heading for a fall, remember to roll, not reach. By letting your body crumple and roll, you're less likely to get injured. Reaching out to break your fall may cause you to break an arm or a leg. If you fall, slip or trip, report it immediately, even if it's minor.

#### COMMON SENSE

- Make sure your pathway is clear.
- Avoid walking on wet floors.
- Avoid running in the workplace.
- Avoid lifting or carrying more than you can handle.
- Wear nonslip rubber-soled shoes.
- Report dangerous conditions so they can be fixed.



#### **Fall Prevention Checklist**

- ✓ Close drawers and cabinets after every use.
- ✓ Avoid bending, twisting and leaning backward while seated.
- ✓ Always use a stepladder for overhead reaching.
- ✓ Report loose carpeting or damaged flooring.
- ✓ Never carry anything that keeps you from seeing where you're going.
- ✓ Use handrails on stairs.

#### THINKING AHEAD

- Are there electrical cords in hazardous places?
- Is carpeting torn or loose?
- Is there an uneven surface?
- Is there enough light?